

CARE FOR YOURSELF. CARE FOR OTHERS.

Send Someone a Hug



Great Self-Care Includes Connecting With Others

As winter approaches, we're inviting you to send a warm message to a friend, family member, neighbour, or someone you've not seen in a while:

- 🤗 Some nice news
- 🤗 A compliment
- 🤗 A happy shared memory
- 🤗 A thank you
- 🤗 A quick catch-up
- 🤗 A message to say you're missing them

You can write, text, WhatsApp... whatever suits you. (If you want to put pen to paper, there's a handy Huggy postcard on the next page.)

The wellbeing impact can be huge. Strong social ties reduce stress, boost mood, and improve long-term health.

The Harvard Study of Adult Development found those most satisfied in their relationships at 50 were the healthiest at age 80. Good social bonds are associated with greater happiness, slower cognitive decline, and even longer life expectancy.

A message can mean the world: *Send Someone a Hug!*

Don't forget a
stamp if you're
posting.

Project Lily is all about improving the Jewish community's wellbeing.
Find out about our free training and more at www.projectlily.org.uk





Hello!